
INVESTIGATE THE YOGIC ASANA'S INFLUENCE ON FOOTBALL PLAYERS FLEXIBILITY

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ABSTRACT

Yoga isn't only an exercise regimen. It is a manner of being. It's a biological science. It's a category of spiritual growth activity. It truly is a gift from our ancestors. The age-old practise of breathing exercises, postures, and meditation is becoming more and more flexible. Consequently, the present study was initiated. The purpose of this study was to ascertain how yoga poses affected the flexibility of collegiate football players. Twelve subjects, ages 21 to 25, were chosen for this purpose from the CCSU Meerut Physical Education Department. Using the single group design method, the subjects were carefully chosen. The study used pre- and post-test experimental methodologies with specific yoga asana practices. The flexibility used as the criteria variable was presumed using the sit and reach test. The "t-test" was used to assess the study's data. Twelve weeks into the trial, the results were deemed significant at the 0.05 level of confidence. The outcome unequivocally demonstrates that collegiate football players' flexibility is impacted by their yoga asana practices.

Keywords: Football Players, Yogicasanas, Flexibility.

I. INTRODUCTION

"Yoga is not a lost tradition from the past. It is the most treasured in oblivion. It is both tomorrow's culture and the most urgent need of today." Swami Satyananda Saraswati, sometimes known as Satyananda Saraswati It is yet unknown what effect muscular flexibility has. Two possibilities, though, have been put out as tenable justifications. The first is that less energy is used during activity when there is less muscle resistance from tension and contraction (shier, 2005). Exercise makes you feel energized, alert, and rejuvenated. After examining the cause and effect of these feelings, exercise has been found to have a positive influence on mental and physical capacities as well as health (Heckler & Croce, 1992). Everyone benefits from flexibility, which helps people function better in the modern environment.

Nowadays, a lot of people have no problem focusing in a flexible way. Nonetheless, some people need more care and attention than others in order to focus, concentrate, and remember daily tasks. You may increase your range of motion and stretch your muscles by practicing yoga positions on a regular basis. Studies show that the flexibility pose in yoga helps people get over feeling good about their work and achievements. It has been shown that those who participate in yoga classes and do particular asanas see a significant increase in motivation and focus.

II. METHODOLOGY

Twelve Football Boys players who were involved in intercollegiate competition were chosen by the detective. The research was carried out in 2021–2022. The subjects' ages ranged from 21 to 25 years old. The single group research design approach was used to deliberately choose the subjects. For the study, pre- and posttests using an experimental method involving yogic asana practices were administered. For twelve weeks, the yoga asana practice program was conducted five days a week during the morning session, from 7 to 8 am. The flexibility used as the criteria variable was presumed using the sit and reach test. The purpose of the test's experimental treatment analysis was data collection. A fixed significance of 0.05 was used for the level of confidence.

The list of exercises and training duration for yogic exercises are given in details in table–1.

Yogic Asanas Programme Schedule

Table1

Preparatory Exercises(5mins)			
Asanas	I and II weeks	III and IV weeks	V and VI Weeks
Bhujangasana Hastapada sana Halasana Paschimottan asana	2- Repetitions 30Sec–Recovery	3-Repetitions30Sec- Recovery	4- Repetitions30Sec- Recovery
Shavasana-Relaxation(10min)			

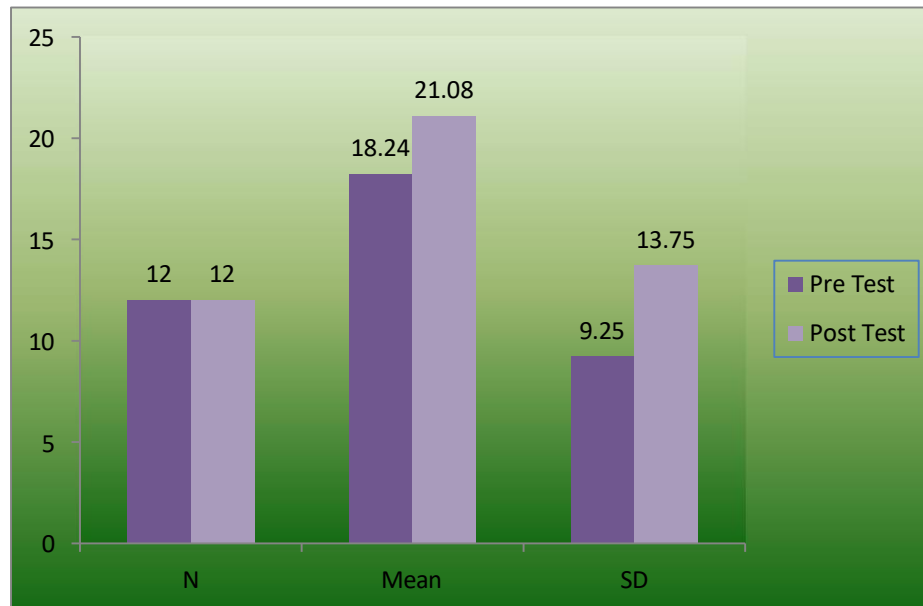
III. ANALYSIS OF DATA

Shows the statistical information of comparison between impacts of yogic Asanas programme on flexibility level in pre-test& post-test result of college level Football players.

Table2: Flexibility Result

Variable	Test	N	Mean	S.D.	Df	t-Table value	t-Ratio
Flexibility	Pre	12	18.24	9.25	23	1.025	4.030
	Post	12	21.08	13.75			

Table 2 shows the mean score, standard Deviation, Degree off reedom & t-value at 0.05 level of yoga programme with respect to flexibility of pre & post test, they have obtained the mean value are 1 8.24 & 21.08 standard deviation are 9.25 & 13.75 Degree of freedom



Flexibility Pre & Post Test's Graphical Chart

is 23t –calculated value is 4.030 & t-Table value is 1.025 Calculated t-value is greater than t-table value at 0.05 levels. Therefore researcher rejected the nullhypothesis & accepted the H1 hypothesis.(See fig.1)

IV. DISCUSSION ON FINDINGS

The study's findings suggest that football players' flexibility significantly improved in the experimental group, which practiced yogic asanas. None of the chosen variables had exhibited any discernible changes in the football players in the control group. The study's research shows that there was a significant level difference in flexibility among football players in the yogic asana group. Both the literature and the current study's findings imply it. The development of dependent variables through methodically planned training is crucial for improving the effectiveness of yoga practice. Therefore, it can be stated that training that is methodically designed and executed across all disciplines will yield the best results when given the correct acknowledgement and execution. The results of Prabakaran et al. (2021, 2022)4, Vallimurugan and Vijay (2021)5, Vallimurugan (2020)6, Srikumar and Vallimurugan (2016)7, and Vijayarani et al. (2012)8 are consistent with these findings.

CONCLUSION

The t-test analysis of the combined data produced the presence of the outcome for this research

investigation. This indicates that there is a noteworthy distinction between the effects of yoga asana practice on the degree of flexibility in college football players' pretest and posttest outcomes.

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